The timing of this comprehensive textbook is perfect. As the number of patients with sleep problems increases, the challenge of diagnosis and treatment grows. The office practice is demanding to evaluation and treatment of sleep disorders. The editors, who are respected leaders in this field, have provided a state-of-the-art reference on the subject of sleep disorders. Paul R Carney is Assistant Professor of Pediatrics, Neurology, Neuroscience, and Bioengineering chief, Division of Pediatric Neurology, University of Florida College of Medicine and McKnight Brain institute, Gainesville, Florida. Richard B Berry is Professor of Medicine, Pulmonary and Critical Care Division, University of Florida. The last editor, James D Geyer is director of sleep medicine and clinical neurophysiology, the Alabama Neurologic Institute, Alabama. 3 editors with other 49 contributors have focused the practical and complete guide to diagnosing and treating sleep disorders. Chapters have been critically edited by experts from multiple specialties, follow a standardized template, and include bulleted lists, tables, and clinical pearls.

The Goal of this text provides sleep specialists and primary care providers with the very good reviews on the evaluation and treatment of sleep disorders. The first and the second section explain basic definition of sleep. The book reviews the neurobiology of human sleep, breathing during wakefulness and sleep, dreaming, sleep monitoring and normal human sleep. In the third section, this is the clinical presentations with symptomatic sleep problems. The book details how to approach diagnosis based upon patients’ complaints, as well as unique features of the child, adolescent, or older adult, including the approach to the sleepy patients and sleep deprivation, approach to the patient with problems initiating sleep, approach to restless legs and approach to nocturnal spells. So this text has bridged the gap between basic-science concepts and clinical care recommendations.

Subsequent sections address specific sleep disorders and sleep disorders in patients with other medical and psychiatric conditions. The book highlights specific sleep conditions including obstructive sleep apnea, upper airway resistance syndrome, central sleep apnea, periodic legs syndrome, parasomnias, narcolepsy and pediatric sleep disorders. The authors give a complete picture of obstructive sleep apnea hypopnea syndromes including treatment overview and controversies, positive airway pressure treatment, surgical treatment and treatment with oral appliance. In the sleep related medical and neurological disorders section, the text addresses the sleep disorders, dementia and related degenerative diseases, other psychiatric disorders and sleep, sleep and epilepsy, sleep and cardiovascular, pulmonary and internal medicine diseases. The appendices include information on polysomnography, sleep questionnaires, and starting a sleep disorders facility. The reader’s attention is turned toward methodology and technical problems and solutions related to polysomnography, CPAP/BIPAP application, airway methodologies, pharmacological treatment of sleep problems and basic knowledge of the electroencephalograms.

The reader will find the clinically oriented chapters well organized and extensively referenced. This text book has met the demand of the readers including physicians, resident house staff, nurses, respiratory therapists, sleep technologists and medical students. With the Price $99.00 this is the wonderful book that make the readers increases the confidence to evaluation and management of the sleep disorders. The strengths of this textbook will instantly become the standard reference on the subject of sleep medicine. Principles and practice of sleep medicine by Meir H Kryger and Review of sleep medicine by Teri J Bowman are another 2 books that I would like to recommend for all those involved in the care of patients with sleep disorders.

Chakraphan Susiva, M.D.
Department of Pediatrics, Faculty of Medicine
Siriraj Hospital, Bangkok 10700, Thailand